

Abstract

Title: Technique, didactics, and selected training methods in rowing of the disabled.

The given thesis deals with the didactics, technique and training in rowing of the disabled. The aim of my thesis was to analyze expert literature from the area of rowing and sports for the disabled, then to find out and describe the appropriate training methods and teaching practices for the physically, visually and mentally disabled rowers and finally based on training, observation and interviews with the disabled athletes and the coaches to add the searched material with the practical experience.

Results: Rowing of the disabled is a young sport which is at the beginning of its development. It was found out that the training methods for individual diagnosis of disability are not sufficiently elaborated. The coaches who wish to devote to this sport have to learn from the experience of the trainers of healthy oarsmen. It is not sure how the rowing motion burdens the body of the disabled and what training dosage is optimal for the increasing of performance.

Keywords: rowing, disability, sport training